



Portage
PORTAGE TOWNSHIP YMCA
1997 WINTER-SPRING PROGRAM BROCHURE

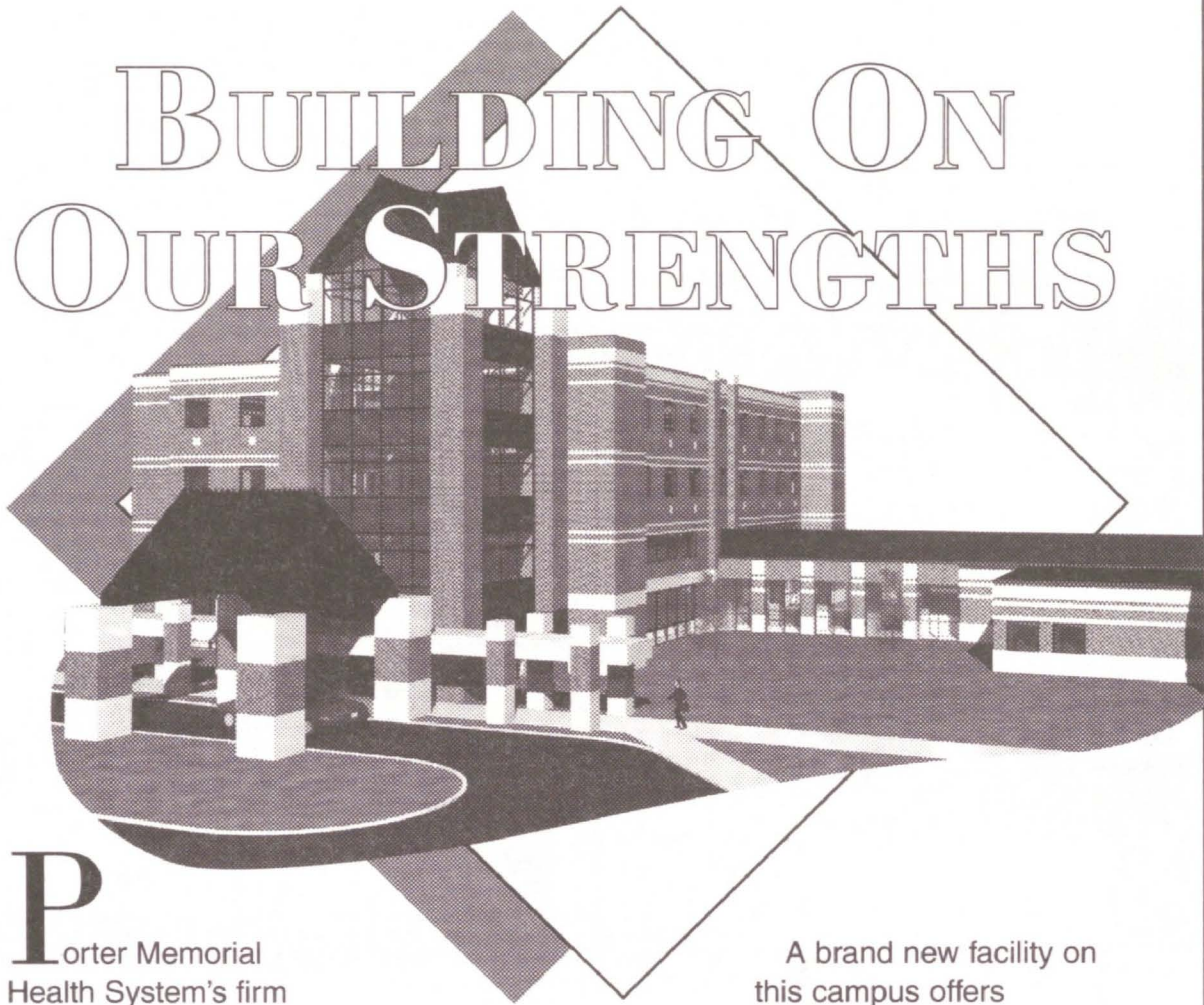


Y-CARE STAFF

(BEFORE AND AFTER SCHOOL CHILD CARE PROGRAM)

Information on Y-Care Page 6
 Who is on the cover? Page 13

BUILDING ON OUR STRENGTHS



Porter Memorial Health System's firm foundation for providing quality, comprehensive services to Portage-area residents is getting stronger – with the addition of new and expanded services and facilities to meet your and your family's needs.

In addition to around-the-clock Urgent Care services and outpatient surgery at the Portage Medical Surgical Center, we're expanding our laboratory and diagnostic imaging services and developing an Emergency Department in this facility, which will eventually replace our current Urgent Care Services.

A brand new facility on this campus offers comprehensive physical, occupational, and speech therapy services and women's services, including mammography, ultrasound, and patient education.

And in the fall, we'll be breaking ground for a four-story acute care inpatient center – The Portage Community Hospital. This new facility will feature up to 50 private suites to accommodate your inpatient needs.

For more information on the changes taking place in Portage, call 759-3414 today.

Porter Memorial Health System
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Portage Medical Surgical Center

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Mission Statement

The mission of the Portage Township YMCA is to enhance the quality of life in the community we serve by promoting healthy lifestyles through ample opportunities available to all for physical and mental development in a Christian atmosphere.

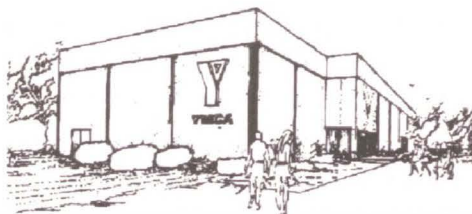
MEMBERSHIP IS OPEN TO all people without regard to race, creed, color, religion, national origin, age, handicap or gender.

Primary Memberships

A PRIMARY membership allows members to participate in our "OPEN" programs for FREE and in our other programs for a modest fee. Most of our programs which require registration also require membership.

Also available to PRIMARY members:

- ▼ discounted rate of \$6.50 for a one day pass to use the "Y" building
- ▼ child care in the "Fun Zone" (see "Fun Zone" information)
- ▼ discounts provided by various businesses in our community (see Benefactor Program information)
- ▼ membership with no joiner fee



YMCA Building Closed on the following days:
New Year's Day
Good Friday (from 12 – 3 p.m.)
Easter Sunday

Primary PLUS Memberships

A PRIMARY PLUS membership includes all the privileges of a PRIMARY membership **plus** a 10% discount on program fees.

Also available for Primary PLUS members:

- ▼ use of lockers, whirlpool, sauna, deli, towel service, and cable TV
- ▼ use of the cardiovascular equipment, free weights, track, and Nautilus equipment
- ▼ use of the courts for racquetball, wallyball, and basketball
- ▼ FREE fitness and aquasize classes
- ▼ FREE child care in the "Fun Zone" when in the building or "Y" program and reduced rates for use at other times (see "Fun Zone" information)
- ▼ use of other "Ys" in Northwest Indiana, the State of Indiana and the country according to our reciprocal agreements

Primary Membership	Annual Fee	
Middle School	\$25	
Individual	\$50	
Family	\$200 Maximum	
Primary PLUS Membership	Joiner Fee	Mthly Fee
Youth (14-17)	\$25	\$28
Adult (18-55)	\$35	\$35
55 Plus (55+up)	\$35	\$28
Family of two	\$50	\$55
Family of three or more	\$50	\$65

Financial Assistance

It is the YMCA's policy that no one shall be denied a membership or program participation for financial reasons. Financial assistance is available to qualified applicants.

Membership Cards

Your YMCA membership card is your passport to using the YMCA and it must be presented each time you use the facilities. Lost cards may be replaced for \$5.00. Those who permit others to use their YMCA card will forfeit their membership without refund.

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Guests — Guests are welcome and need only to fill out the appropriate forms and pay the daily fee (\$6.50 for Primary "Y" members and \$8.00 for others). The daily guest fee includes two hours of racquetball court time and the use of the building and equipment for the day of purchase. It also grants entrance to "Open" programs that are happening out of the building (open basketball, open swim, etc.) on the day of purchase.

Gift certificates — We have certificates available for programs or memberships.

Language — We take pride in the Christian atmosphere of the YMCA. Foul language is not appropriate in our building or at our program sites.

Rent of building — The YMCA is available for rent by outside groups during the times that the building is not open for members. Call for details.

Photos — From time to time we photograph activities for historical and promotional purposes. If you object to having your photo taken please inform the photographer or instructor at the time the photos are taken.

Century Club — The YMCA's Century Club provides necessary sustaining funds for our "Y". Annual gifts of \$125 or more are recognized by an attractive plaque. If you are interested in making a donation please contact Marilyn Lindner.

Lockers — Please lock your locker. Locks are provided at our building but need to be provided by you at the pool.

Method of Payment —

We accept bank drafts, VISA, MasterCard, checks, and cash for payments. \$20 charge on all uncollectibles.



Class cancellation policy

Classes have a minimum and maximum enrollment. If insufficient enrollment causes cancellation of a class, refunds or credits will be given. All scheduled activities, times, fees, or staff may be changed at the discretion of the YMCA. Notification of changes will be made as soon as possible.

YMCA volunteers needed

The YMCA is historically an organization run by volunteers. The Portage YMCA is governed by a volunteer Board of Directors and programs such as youth basketball thrive because of volunteers who serve as coaches and referees. There is always a need for volunteers to help with repairs and remodeling, office work, fund raisers, deck guarding at the pool, and programs. A new organization of people interested in helping the "Y" has been formed and is called "Y-Us?". If interested in volunteering or joining the volunteer club, call Marilyn Lindner.

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Lakelvin Hill ▼ John Lewis
Ann Lieber ▼ Mitch Miller
Ralph Mundt ▼ Doug Samuel
David Schmidt ▼ Paula Siminski
Marv Syren

Executive Director

Bruce H. Lindner

Fun Zone Hours Monday — Friday 8:45 a.m. — 9:00 p.m.



Fun Zone Rates

Fees are paid by using a punch card that can be purchased at the front desk. Fees are figured to the next half hour. (Example if you drop off at 9:15 a.m. and pick up at 10:25 a.m. you would be charged for one and a half hours) Ability to walk is required.

Primary Plus Member — FREE
if using a Y program

Primary Plus Member — \$1 per
hour if not using a Y program

Primary Member — \$1 per hour
if using a Y program

Primary Member — \$2 per hour
if not using a Y program

Racquetball Rates

(2 Hours)

For Portage "Y" members
Primary PLUS FREE
Primary \$6.50 guest fee

Full "Y" members from other "Ys"
FREE up to four times a month,
then a \$6.50 guest fee

Therapeutic Massage

Mike Mizell is available by appointment: Monday & Friday from 8:30 a.m. – 6:30 p.m. and Tuesday & Thursday from 8:30 a.m. – 3:00 p.m. Drop ins are welcome during those hours if Mike is in and available.

Nancy Joy Alumbaugh is available by appointment only on Wednesdays from 8:30 a.m. – 6:30 p.m.

FIRST TIME SPECIAL — \$5 discount on your first massage

Y Members	\$15 for one half hour \$25 for one hour
Others	\$20 for one half hour \$30 for one hour
Packages	\$50 for four half hours \$100 for five one hours

The Portage Township YMCA is a member agency of the United Way of Porter County, and a member of the Portage Township Community Council and the Indiana Association for School Age Child Care.

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Open Swim

- ▼ Mon. through Fri. from 6 – 8:45 p.m. starting Feb. 17 from 5 – 8:45 p.m.
- ▼ Sundays from 1 – 3:45 p.m.
- ▼ FREE for Primary and Primary Plus Portage “Y” members and members of other “Ys”
- ▼ \$2 for others, maximum of \$5 per family
- ▼ at Portage High West Pool

The Wavemakers

Portage YMCA Swim Team

- ▼ Team participation is at the discretion of the Head Swim Team Coach, Ken Doss, who recommends that the swimmer be at the Intermediate Level One (Minnow) or above.
- ▼ at Portage High East Pool

May Stroke Clinic

- ▼ for K – 8th, Minnow level and up
 - K – 5th 5:45 – 6:45 p.m.
 - 6th and up 7:00 – 8:00 p.m.
- ▼ Meets Monday through Friday from May 5 – 30.
- ▼ Clinic Fee is \$25 per “Y” member \$30 for others
- ▼ at Portage High East Pool

Adult Lap Swim

- ▼ Sundays 1 – 3:45 p.m.
- ▼ Mon. through Fri. from 6 – 8:45 p.m. starting Feb. 17 from 4 – 8:45 p.m.
- ▼ FREE for Primary and Primary Plus Portage “Y” members and members of other “Ys”
- ▼ \$2 for others
- ▼ at Portage High West Pool

Aquasize

- ▼ Water exercise class done to music
- ▼ Mon. - Thu. from 7:45 – 8:45 p.m. starting Feb. 17 from 4 – 5 p.m.
- ▼ FREE for Primary Plus members
- ▼ \$2 for Primary members and members of other “Ys”
- ▼ \$3 for others
- ▼ at Portage High West Pool

Diving

- ▼ Monday, Tuesday and Thursday
- ▼ 6 – 11 yrs. from 6 – 7 p.m.
- ▼ 12 – 15 yrs. from 7 – 8 p.m.
- ▼ 16 yrs & over from 8 – 9 p.m.
- ▼ \$30 per session for “Y” members
- ▼ \$35 per session for others
- ▼ at Portage High East Pool

Open Water Scuba

- ▼ Classes are six weeks each
- ▼ Taught by “The Scuba Tank” of Valparaiso (477-4454).
- ▼ Please call them for class schedule.
- ▼ Primary Plus – \$200
- ▼ Primary – \$215
- ▼ Others – \$225
- ▼ Class fee includes scuba equipment for class use
- ▼ at Portage High East Pool

Swimming Lessons

All Lessons at PHS West Pool

Beginners Level 1/2 – Pollywog/ Guppy

- ▼ Mon. & Wed. or Tue. & Thurs
- ▼ \$40 for a five week session

Intermediate Level 1 – Minnow

- ▼ Mon. & Wed. or Tue. & Thurs.
- ▼ \$35 for a five week session

Intermediate Level 2 – Fish

- ▼ Mon. & Wed. or Tue. & Thurs.
- ▼ \$35 for a five week session

Advanced Level – Flying Fish/Shark

- ▼ Mon. & Wed. or Tue. & Thurs.
- ▼ \$30 for a five week session

Adult Swim Lessons

Adult swim lessons are available at the Portage High West Pool. They are taught by “The Scuba Tank” and are scheduled by calling – 477-4454.

Swim & Diving Sessions

- #1—01/06/97 – 02/07/97
- #2—02/10/97 – 03/14/97
- #3—03/17/97 – 04/25/97
- #4—04/28/97 – 05/30/97

Youth Aquatic Program (3 Years and up)

POLLYWOG – Beginner Level One

Adjustment to the water, basic stroking and floating

GUPPY – Beginner Level Two

Introduction to rotary breathing, treading, and front crawl

MINNOW – Intermediate Level One

Increases endurance, elementary diving, backstroke and survival float

FISH – Intermediate Level Two

Underwater swimming, elementary back stroke, basic First Aid

FLYING FISH – Advanced

Mastery of strokes: butterfly, breast, backstroke and freestyle

SHARK – Advanced

Competitive starts and turns, back dives and First Aid



Portage High West Pool
is handicapped accessible



Where learning
and
adventure blend

HOURS

Monday – Friday
9 a.m. – 6 p.m.

Saturday
9 a.m. – 4 p.m.

55 South Franklin – Valparaiso, IN — 219/477-4454

Our YMCA Benefactors offer those who show their current membership card prior to the ringing up of the sale the following benefits. Benefits apply only to regular priced items, not items already on sale, specials, coupon offers, etc. The business may reduce your discount by 5% if a credit card is used. Benefits apply only for members and not for others in your group who are not members. This Program is a way for the businesses in our community to support the "Y" and for the "Y" to encourage its members to do business in Portage. Please be considerate and grateful to these Benefactors.

Alan-David Trim Salon	50 cents off on a haircut
Andy's Red Hots	10% off bill
At Nature's Door	10% off vitamins, minerals, protein powders and herb capsules
B. J.'s Coins and Jewelry	10% off coins, stamps, and baseball card supplies
B.E.K. Maintenance	10% off cost of party & janitorial supplies 5% off vacuum cleaners and parts
Barbara's Florist	15% off cash and carry only
Burger King (Portage only)	free medium drink with purchase of sandwich & fries or large salad
Claussen-Scharf Ace Hardware	10% discount
Confection Connection	10% off on cakes and supplies
Consolidated Pest Control	10% off on service rendered
Dr. Pappas' Bone Appetit	10% off any products except food
Flip Side Records	10% off concert T-shirts and clothing items
Gelsosomo's (Portage, Chesterton & Valparaiso)	10% off food purchase
Growing Years	15% discount on clothing
Hair Marshall	conditioner applied free with any hair service (\$3 value)
Heads-U-Win	10% off color or perm
Heartland Carpet Care	15% off at time of service by appointment
J-Mar Pharmacy and Home Care Center	\$2 off a new prescription
Jade Garden	10% off food and beverage
John Sykes Photography	10% off on a family portrait order and 10% off frames with any order

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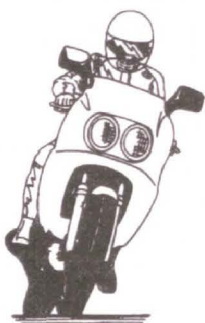


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PePe's of South Haven	10% off food & beverage
Pet Haven	10% discount on merchandise except dog food and livestock
Phillips' Pest Control	20% discount on services by appointment - call 759-1401
Pizza Hut - (Portage)	10% off total bill (pairs and specials excluded)
Portage Baskin-Robbins	10% discount on any purchase
Portage Commons Auto Parts	dealer's prices on auto parts (give account # 4350 for discount)
Portage Dairy Queen	10% off shakes and malts Monday - Friday
Portage Family Chiropractic, Inc	complimentary initial consultation and 20% discount on first treatment (if needed)
Portage Flowers	10% off fresh & potted flowers and plants (not on Christmas, Easter, Valentine's and Mother's Day)
R-Way Family Skate Center	50¢ off single or \$1 off family admission to Family night on Th or Sun evenings
Reynolds Blacktopping	free sealing with paved driveway
San Bonns Hallmark	10% off merchandise
Santini's Pizza	20% off total bill (eat in or carry out)
Savoy Supper Club	10% off food & beverage
Scandal's Pub	first drink free up to \$2.00 value (once per day)
Shakey's Pizza	50 cents off full meal buffet
Sue's Family Bakery	5% discount on bakery items
T-Shirts America	10% discount
The Aztec Tan	10% off services
The Portage News	10% off new subscription
The Sea Reef	10% off all products except dog food
Victoria's Hair Affair	10% off color or perm
X-Press Printing	\$5 off orders of \$35 or more



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Baton Twirling



Classes are taught by Julianne Close who has been a United States Twirling Association (U.S.T.A.) certified coach for 30 years, certified judge for 28 years and the USA Team Coordinator for the last 20 years.

▼ **Introduction to Baton SPECIAL**
Monday — 4:30 - 5:30 p.m.
These five week sessions start 1/6, 2/10, 3/17, & 4/28.

▼ **Beginners**
Monday — 5:30 - 6:30 p.m.
One month sessions

▼ **Intermediate**
Monday — 6:00 - 7:00 p.m.
One month sessions

FEES for all Baton Sessions

\$20 for "Y" members
\$25 for others

Youth Basketball & Cheerleading

Basketball League is for girls and boys ages 5 - 14. Cheerleading is for ages 5 - 12. The program seasons run from November to March. The games are played at Willowcreek Middle School on Saturday afternoons. Call Y for game schedule. FREE admission to games for "Y" members and under 14 - other adults \$1.



Preschool

Our preschool serves children who are one or two years away from starting Kindergarten. A \$15 registration fee covers class picture and incidental expenses. Occasionally there are openings in the current school year. Registration is open for the 1997-98 school year on a first come first served basis.

▼ **Three and Four Year Old Class**
Tues. & Thur. — \$35 per month
9:30 - 11:30 a.m. or 12:30 - 2:30 p.m.

▼ **Four and Five Year Old Class**
Mon., Wed., & Fri. — \$58 per month
9:00 - 11:30 a.m. or 12:30 - 3:00 p.m.



Working in

Leadership Development

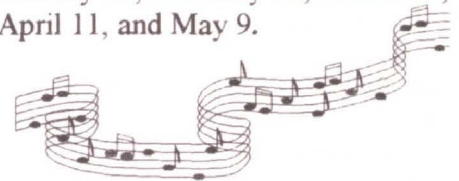
Leadership development, trips, teen planning, fun and more. Open to all Portage Township and Lake Station middle school students.

Our teen government consisting of middle school students meets as follows:

2 nd Monday	Executive Committee
3 rd Monday	Board Meeting
4 th Monday	Social Night



Teen Dances are held at the Portage Twp. YMCA and are from 6:30 to 9:30 p.m. on the following Fridays: January 17, February 14, March 21, April 11, and May 9.



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South Haven

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Basket Making

To take these classes please reserve your space at least three days prior to the class. Cost for the class is set by the project being made (in the \$12-\$22 range). Length of class also varies according to project. Debra Albers, Instructor. Classes meet on the first Tuesday of the month at 6:30 p.m.. (Class size min. 5 - max. 12.)

- ▼ House Warming Basket — 1/7
- ▼ Heart Basket — 2/4
- ▼ Easter Basket — 3/4
- ▼ Flower Pot Basket — 4/1
- ▼ Bean Pot Basket — 5/6

Country Line Dance



Classes start September 16. Mondays at the First Presbyterian Church on Lute Road. Classes are taught by Bruce Lindner and Instruction sheets are provided.

- ▼ Beginners
Monday — 5:30 - 7 p.m.
 - ▼ Intermediate
Monday — 7 - 8:30 p.m.
- \$2.50 per evening for "Y" members and congregation members
\$3.00 per evening for others



Pencil Drawing & Model Building

Classes open to all ages are taught by Dan Eaves a local artist who has been teaching drawing skills at the "Y". For the pencil drawing class the instructor provides paper and pencils. Students provide a model (airplane, boat or car) for model building class.

- ▼ Pencil Drawing
Thursday — 6 - 7 p.m.
 - ▼ Model Building
Thursday — 7 - 8 p.m.
- \$20 per month for "Y" members
\$25 per month for others

Spanish Classes

Classes are taught by Tillie Delak who is a Spanish teacher for the Duneland and Portage School Corporations and has been teaching Spanish for ten years. For first grade and up.

- ▼ First Grade and up
Monday — 3:30 - 4:30 p.m.
 - ▼ Adults (14 and up)
Tuesday — 5:00 - 6:00 p.m.
- \$30 per month for "Y" members
\$35 per month for others

Tai Chi & Yoga

Classes are taught by Flavia Cheng who has been teaching for over twelve years. Wear comfortable clothes and flat soled shoes. Method of teaching Tai Chi is Wu.

- ▼ Tai Chi
Mon. & Wed. — 7 - 8 a.m.
 - ▼ Yoga
Mon. & Wed. — 8 - 9 a.m.
- \$20 per month for "Y" members
\$25 per month for others



Karate Classes

Classes meet at Central School Gym and are taught by John DeFauw (San Dan Shotokan) a long time instructor at the Portage Township "Y".

- ▼ Ages 5 - 14
Tuesday — 6 - 7 p.m.
- \$20 per month for "Y" members
\$25 per month for others
- ▼ Adults
Tuesday — 7 - 8 p.m.
- \$25 per month for "Y" members
\$30 per month for others

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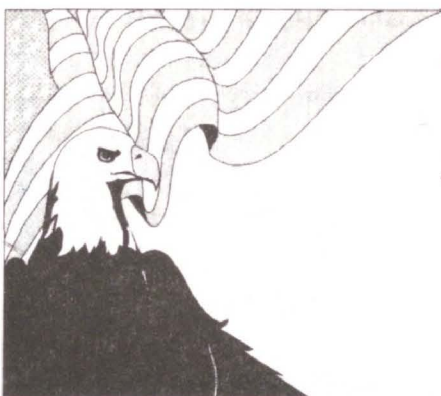
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Fitness Classes are FREE for Primary Plus "Y" members. Fitness classes are \$2 per class payable by punch card for Primary members and members of other "Ys". Step boxes and other necessary equipment is provided for these co-ed classes. Schedule effective 1/1/97.

▼ **Mad Abs** — Class starts with a 5 minute warm up and then 25 minutes of ab workout followed by quick stretch. We will be using the bench in an incline and decline position for a more intense workout.

Tuesday — 4:30 p.m.

Thursday — 4:30 p.m.

▼ **Young at Heart** — A beginners class that features: a moderate warm up, slow stretching, chair aerobics, chair calisthenics and a slow cool down.

Tuesday — 8:30 a.m.

Thursday — 8:30 a.m.

Friday — 10:30 a.m.

▼ **Simple Step** — A 45 minute class for beginners consisting of warm up and stretch, 20 minutes of simple step patterns, cool down and stretch. Heart rates will be taken throughout class.

Monday — 8 a.m.

Tuesday — 7 p.m.

▼ **Step I** — The next level after Simple Step. This class has a 5 minute warm up, 30 minutes of stepping, followed by upper body work, abdominal workout, stretch and cool down. Weights, bands, and tubes are used for upper body toning.

Monday — 5:05 a.m., 5 p.m., 7 p.m.

Tuesday — 9:30 a.m.

Wednesday — 5:05 a.m., 8 a.m., 5 p.m., 7 p.m.

Thursday — 7 p.m.

Friday — 5:05 a.m., 8 a.m., 5 p.m.

▼ **Step II - Turbo** — This is an advanced class featuring advanced combinations with high intensity aerobic stepping. Warm up with 45 minutes of stepping and end with cool down and stretch.

Monday — 6 p.m.

Tuesday — 5 p.m.

Friday — 9 a.m., 4 p.m., 6 p.m.

Saturday — 9:30 a.m.

▼ **Double Step** — Double your workout. Class features a warm up, 30-35 minutes of stepping using two benches. Upper body, and abdominal workout is then followed by a cool down and stretch.

Monday — 9 a.m.

Wednesday — 4 p.m.

Thursday — 9:30 a.m., 5 p.m.

▼ **Interval Step Challenge** — This is an advanced workout. A warm up and then 45 minutes of alternating cardiovascular workout and resistance workout, followed by cool down and stretch. A 55-60 minute class.

Monday — 4 p.m.

Wednesday — 9 a.m., 6 p.m.

▼ **Body Blast** — This 55-60 minute class will tone the entire body and starts with a warm up and stretch. Hand weights, dyna-bands, tubes and bands may be used for toning the upper and lower body. Class ends with a cool down.

Tuesday — 6 p.m.

Thursday — 6 p.m.

Saturday — 8:30 a.m.

Health Care For The Entire Family

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Terry Lewis, R. Ph
Maurice Massa, R. Ph



Personal Fitness Training Program

David Milligan, M.S., Exercise Physiologist, is available for personal fitness training and diet consultations. He will work with participants to set up a specific exercise plan as well as give nutritional information to assist individuals in becoming physically fit.

The plan will include a risk factor analysis to assess coronary artery disease, and assessments of hemodynamic blood pressure, body composition, flexibility, muscular strength, cardiovascular system and nutrition. Following the initial assessments, the participant will receive an individual exercise prescription. If desired proper instruction, feedback and quarterly evaluations will also be given.

Dave is currently employed at The Community Hospital in Munster where he works in the Cardiac Rehab Department prescribing exercise for heart patients. Dave is certified in Advanced Cardiac Life Support. Call Dave for more information or an appointment - 219/929-1466 or leave a message for Dave at the "Y" by calling 762-YMCA. FREE for "Y" members.

FEES for others:

- ▼ Session 1 — Introductory Session **FREE**
- ▼ Session 2 — Screening for physical fitness and nutritional evaluation \$30.00/person
- ▼ Session 3 — Nutritional analysis and full exercise prescription 20.00/person
- ▼ Session 4 — Optional quarterly reassessment evaluation \$10.00/person

Nautilus & FREE Weights

A Primary Plus membership at the Portage Township YMCA entitles the member to three instructional appointments at no additional charge. Our Nautilus/Free Weight department is proud to have two certified instructors on staff. Hours for instructional appointments are from 9 a.m. to 2 p.m. Mon. to Fri., 5 p.m. to 9 p.m. Mon. to Thurs., and 5 to 8 p.m. Fri.

Bio Analogic

A complete Bio Analogic includes:

- ▼ Body Fat Test
- ▼ Weight Training Program
- ▼ Fitness Program
- ▼ Conditioning Diet Program
- ▼ Dietary Guidelines
- ▼ Bio Analogic

\$10 for Primary Plus Members
& \$15 for others

(Body Fat ONLY:)

\$5 for members
& \$10 for others

FREE body fat analysis with new membership. Make an appointment at Front Desk for testing.

DID YOU KNOW?



The YMCA is –

- the largest social institution in the USA
961 Corporate "Ys"
1,207 Branches
- the largest membership organization that people come to
- the largest youth serving agency in America
- largest provider of child care, youth sports, aquatics, camping, parent child programs
- the oldest social institution in the USA with a 152 year history and still growing
- present in every major inner city in the USA, every metropolitan area and smaller cities and towns (90% of our YMCAs are in communities of 50,000 or less)
- a world-wide movement serving over 130 countries

Summer Day Camp

The YMCA Day Camp strives to help campers grow physically, mentally and spiritually while providing challenging activities in both small and large group settings. Campers can expect fun, friends, and an experience they will cherish for a lifetime. They will enjoy cognitive activities including swimming (lessons and recreational), arts and crafts, songs, skits, sports, games, stories, cookouts and weekly field trips. The weekly fees include all bus and entrance fees for the field trips. There are no additional costs.

Day Camp Only Fees

9 a.m. - 3 p.m.

\$50 per child per week

Day Camp plus Extended Care Fees

\$65 1st child per week

\$60 2nd child per week

\$55 3rd child per week

Who are the people on the cover?

The YMCA staff who work the various Y-Care (K-Care) Sites in Portage and Lake Station. For more information on the Y-Care Program please see Page 6.

NOTE: from left to right with a * indicating site director

Aylesworth – Elena Guerra, Louise Pash*, Kelly Hampton
Central – Barb Miller, Deanna Hall*

Jones – Migdalia Perez, Pat Haskell, Jayne Griffith*

Myers – Kathleen Mose, Karen Ring*, Tina Replin

Polk – Jeanne Franczek*, Carol Cheek, Talia Ramsey

K-Care – Mary Mullin*, Judy Auskalnis, Patty Chavez, Pat Haskell

Building Tower –

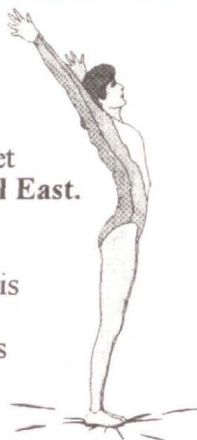
Dave Kasarda, Y-Care Program Director with Paul Cruse and Jordan Komosa

GYMNASTICS SESSIONS

- #1 - 01/06/97 - 02/07/97
 #2 - 02/10/97 - 03/14/97
 #3 - 03/17/97 - 04/25/97
 #4 - 04/28/97 - 05/30/97

Gymnastics classes, Pre Team and Level 3 will meet at Willowcreek Middle School. Team practices will meet at Portage High School East. "Y" membership is required

NOTE: a 10% discount is given to anyone paying for two or more sessions at one time prior to the start of the sessions.

**Scooters**

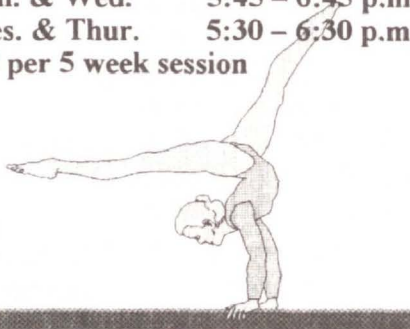
The Preschool Scooter class is designed for children ages three and four. The class focuses on coordination, flexibility, taking turns, following directions, and getting along with others.

Mon. & Wed. 5:00 - 5:45 p.m.
 \$20 per 5 week session

Beginners

The Beginning Class is for children five and older who have had no prior gymnastic experience. Floor, vault, balance beam, and uneven bars are used to teach the basic gymnastic skills. Benefits include: increased self confidence, improved concentration, better coordination and flexibility.

Mon. & Wed. 5:45 - 6:45 p.m.
 Tues. & Thur. 5:30 - 6:30 p.m.
 \$30 per 5 week session

**Intermediate**

The Intermediate Class gymnasts are five and older with prior gymnastic experience. This class offers similar benefits as the beginner class and teaches more advanced skills on all pieces of equipment.

Mon. & Wed. 6:30 - 8:00 p.m.
 \$40 per 5 week session

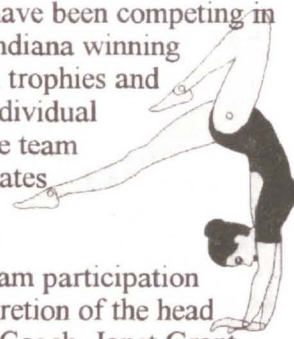
Pre Team and Level 3

Pre team is designed to offer the novice competitive gymnast the opportunity to learn the competitive routines and begin competing when they reach Level 3.

Tues. & Thur. 6:30 - 8 p.m.
 Saturday (open gym) 10:30 - noon
 \$40 per 5 week session

Team (Level 4 and up)

"The Sparklers" is the name of the Portage Township YMCA gymnastic team. The last twelve years "The Sparklers" have been competing in Northwest Indiana winning several team trophies and numerous individual ribbons. The team also participates in various



parades and festivals. Team participation is at the discretion of the head Gymnastics Coach, Janet Grant and "Y" membership is required.
 Mon., Wed., & Thur. 7 - 8:30 p.m.
 Saturday (open gym) 10:30 - noon
 \$50 per 5 week session

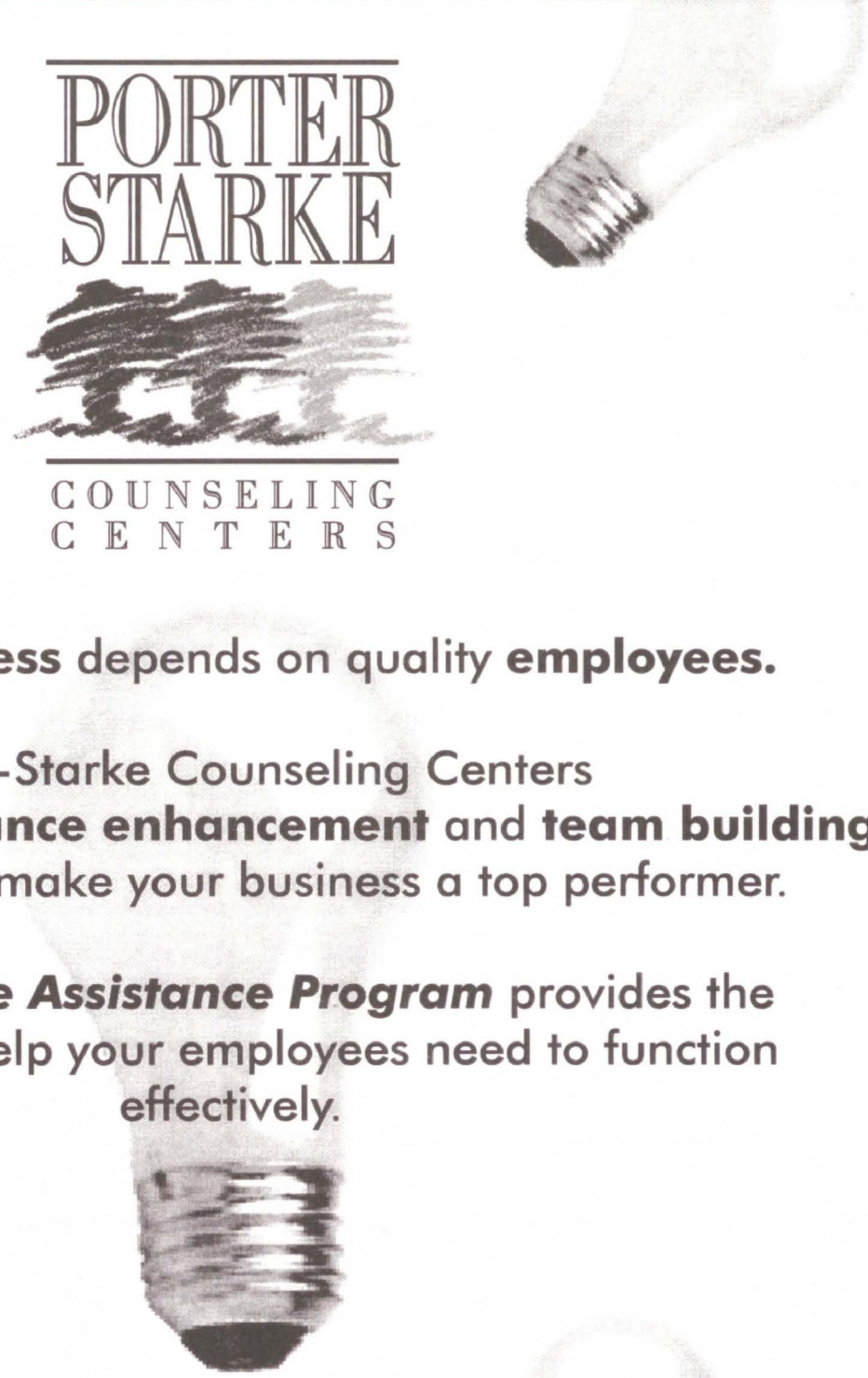
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BUILDING HOURS

Monday – Friday 5 a.m. – 10 p.m.
Saturday & Sunday 6 a.m. – 8 p.m.

OFFICE HOURS

M T W Th 9 a.m. – 8 p.m.
Friday 9 a.m. – 7 p.m.
Saturday 9 a.m. – noon

PHONE NUMBERS

“Y” OFFICE NUMBERS

Phone 762-YMCA
Fax 762-2012

Y-CARE NUMBERS (when in operation)

Aylesworth 762-4951
Central 762-8043
Jones 762-2899
Myers 763-7772
K-Care 764-4504
 (at 1st Presbyterian Church)
Polk Pager Pin # 13654
 1-800-362-7243

OPEN BASKETBALL

(GYM CLOSED – Jan. 1-5, 8, 13, 15, 16, 20, 22, 23, 27, 30; Feb. 4, 14, 16, 17; Mar. 23-30; May 25, 26)

Y” Members	Mon. & Fri.	7 – 10 p.m.	FREE for all Portage YMCA members \$2.00 for members of other YMCAs (photo Y membership card or photo ID and Y membership card required)
	Sundays	1 – 4 p.m.	
Middle School	Tuesday	7 – 9 p.m.	FREE for all Portage YMCA members \$1.00 for others (photo student I.D. required)
High School	Wednesday	7 – 9:30 p.m.	

ROLLER BLADE RENTAL – BLADE THE TRAIL

Roller Blade rental for two hours
 Middle School Students – \$1.00 – student I.D. required
 Primary Plus “Y” Members – \$2.00
 Primary “Y” Members – \$3.00
 Other – \$5.00 and must be with a “Y” member and present a photo I.D.

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